Centre for Alternative Technology
Canolfan y Dechnoleg Amgen

WINTER CATALOGUE

CAT, Machynlleth, Powys, SY20 9AZ ● 01654 705959 ● http://store.cat.org.uk

Kid's First Gardening £5.99

Fantastic gardening ideas for 5-12 year olds, from growing fruit and vegetables and fun with flowers to wildlife gardening and craft projects. Clear instructions make following the projects easy, while expert tips and growing ideas provide inspiration and encourage experimentation.
A star rating guide helps you choose a suitable project. Includes indoor and outdoor activities for rainy days and sunny spells. 256 pages, hardback.

3D Puzzle Pipes Jigsaw £6.99

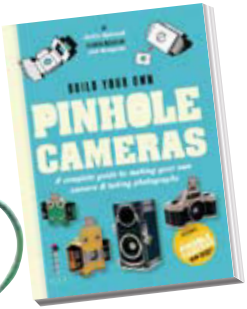
Wear the 3D glasses provided to piece together the 250 piece jigsaw (333 x 493mm). Then spot the hidden objects – can you find a pair of socks, five hammers, three buckets and a ladder, to name but a few? Fun for all ages.

Robot Dynamo Torch £4.95

A revolution in torch technology! Simply squeeze the handle and your faithful robotic friend lights your way. Uses clever dynamo technology, no batteries required. 11cm.

Eco Magnifier £6.00

Kids love nature and bugs, so developing a keener understanding of the environment and eco-systems in which we live can only help to further the child's thirst for knowledge and enjoyment of learning. Robust and powerful with a necklace lanyard. 22.8 x 12.4 x 2.6cm. 3+ yrs.

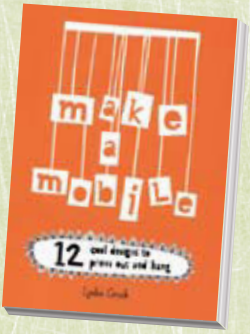


Build Your Own Pinhole Cameras £8.99

This fascinating book shows you how to make your own paper pinhole cameras using the unique camera templates on the disc and step-by-step instructions. You can even learn how to turn your digital SLR into a pinhole camera! 96 pages.

Make a Mobile: 12 Cool Designs to Press Out and Hang £12.99

Cut out and create 12 original and beautifully illustrated paper mobiles of butterflies and moths, flowers and leaves, geometric shapes, and stars and planets. Easy to make with clear step-by-step instructions, offering a wonderful crafting project for children aged 7 and up.
76 pages.



STOCKING FILLERS

Panda Eco Stapler £5.00
This helpful little fellow 'stitches' up to six sheets of paper together meaning you'll never need staples again! Just think, if every office or school saved just one staple a day, it would save 72 tonnes of metal a year!

Racing Snails £2.50 each
Wind them up and watch them ready, steady go!

Mini Springy £2.00
A diddy version of an all-time classic. 3.5cm.

Twig Coloured Pencils (set of 10) £3.00
Chunky, fun and perfect stocking fillers. A perfect accompaniment to our colouring books.

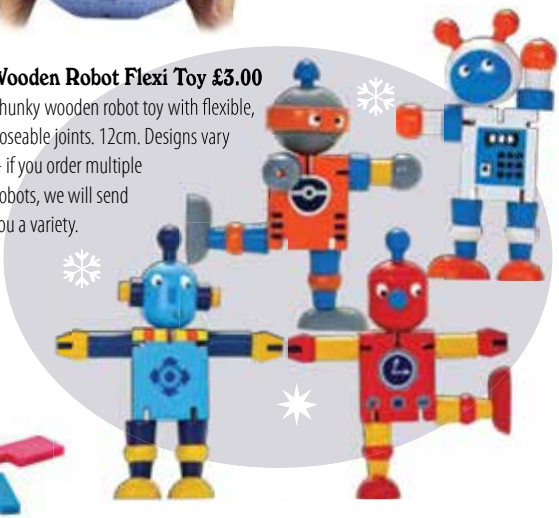
Metal Kazoo £3.75
You hum it, it plays! 12cm.

Mini Globe £2.00
Bouncy, squashy foam ball printed with the Earth's surface. 7cm.

Inflatable Globe £4.00
Geographical globe you can carry around in your pocket showing major cities, rivers and mountain ranges.

IQ Block Puzzle £2.75
Challenge yourself and your friends to find as many different solutions as you can. A wonderful little brain work-out!
9.6 x 8.6 x 1.2 cm

Wooden Robot Flexi Toy £3.00
Chunky wooden robot toy with flexible, poseable joints. 12cm. Designs vary – if you order multiple robots, we will send you a variety.

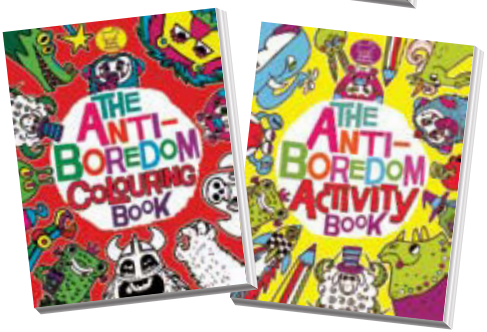


Secrets of the Apple Tree £10.99

Who lives around the apple tree? Shine a light behind the page and see! From the worms who live among the roots, to the birds who nest high up in the branches, this beautifully illustrated book will introduce children to the joys of nature, and show them what secrets are revealed if you just look a little closer. A wonderful experience of interactive learning. 36 pages, hardback.

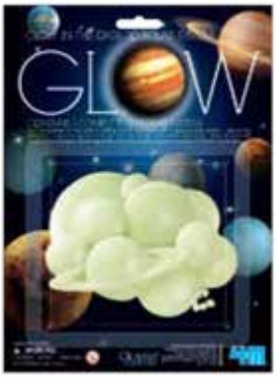
The Clever Kids' Colouring Book £5.00

Packed with cool colouring challenges - there are things to find and colour, mazes to solve, colour-by-numbers activities or colour-code puzzles. Creative kids who love colouring in will be entertained for hours. With hilarious artwork, each page is partially coloured which will inspire budding artists to creatively complete each amazing picture puzzle. 32 pages



The Anti-Boredom Colouring Book £5.00
The Anti-Boredom Activity Book £5.00

Blast away boredom with these brilliantly barmy and seriously silly books. The *Anti-Boredom Colouring Book* will keep children occupied for hours, with drawings of freaky families, superhero pets, tree living fish and monster lairs. *The Anti-Boredom Activity Book* includes step-by-step make-and-dos, mystifying mazes, dot-to-dots, challenging brain-teasers and tantalising recipes to keep boredom at bay. 64 pages each.



Glow 3D Solar System £4.50

Not just stars! Bring the night sky into your room by placing this complete solar system on wall or ceiling. Adhesive tape included.

The Big Green Book was £12.99 now £6.99

How much of the planet does it takes to make your stuff? Why do we need to find greener types of energy? What does it matter if the rainforests are being cut down? Pull the tabs, lift the flaps and open up the amazing pops and discover the answers to these questions and more. Find out what YOU can do to help our planet stay green! Hardback.

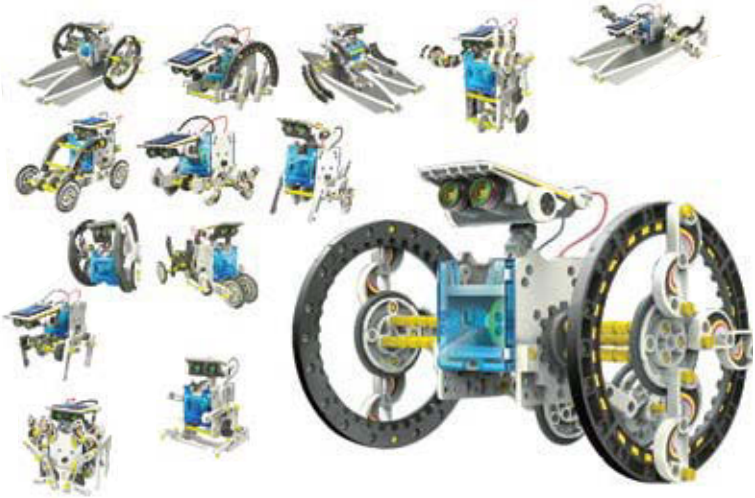
Create a Night Sky Projection Kit £11.75
Create a starry night sky in your bedroom with this illuminated projection dome and let your imagination run wild into outer space. Learn about the different stars and constellations with fantastic star fact cards. Ages 8+.

Kitchen Science £11.75
A fun kit filled with inspiration. Six specially designed kitchen experiments. Learn to generate electricity using a fork and tomato to light up a bulb, launch a rocket and even build a volcano. Ages 8+.

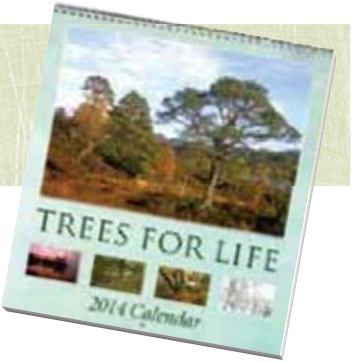
Recycled Paper Beads Kit £11.75
Have fun making paper beads with this recycled paper beads jewellery kit featuring a specially designed and easy-to-use tool. Simply insert strips of recycled paper from newspapers or magazines into the tool, then turn the handle and your beautifully created paper bead is made. Use them to make necklaces, bracelets - or for decorations. Age 5+.

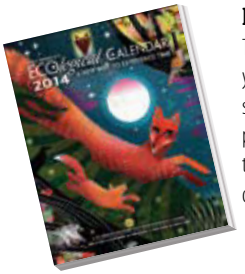
Eco Science Toys Kit £12.00
Use recycled household rubbish to make interesting science toys - a speed racer with old CDs and a toilet roll, a tornado inside empty bottles and a walking robot with a drinks can! All the while learning about the scientific principles behind them. Age 8+.

Rabbit Solar Powered Robot Set £20.00
A truly fantastic and fun kit for children, that teaches them that there are eco friendly ways to power products instead of batteries or mains power. This great educational toy allows you to create 14 different types of robotic solar model toys. Comes with an 84 page user manual which gives detailed instructions and excellent diagrams to help you build each model. Each model will move through the aid of natural daylight. Age 10+.

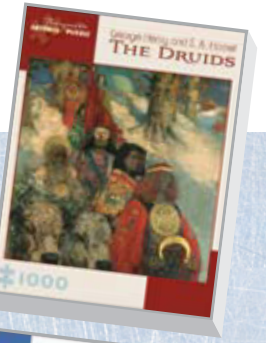


Trees for Life Calendar 2014 £11.00
A beautiful wall calendar which provides a unique annual celebration of the richness and diversity of the Caledonian Forest. Combines high quality photographs with inspiring quotations about nature, its forests and its wildlife. 30 x 33cm. Includes plenty of space for appointments and notes





Ecological Engagement Diary 2014 £11.95
This stunning spiral-bound diary is organised according to the year's natural quarters, beginning and ending with the winter solstice. Information is provided on seasonally visible stars, the phases of the moon and tides, the ratios of darkness and light and the seasonal behaviour of Earth's creatures. A revolutionary desk diary that gives time a whole new perspective. 17 x 23cm.



Exquisite Creatures 1,000 piece Jigsaw £12.00
The Druids – Bringing in the Mistletoe 1,000 piece Jigsaw £12.00
Flower Cycle 1,000 piece Jigsaw £12.00
Thoughtfully conceived and engagingly intricate, these interlocking jigsaw puzzles combine superb colour reproduction, stunning and unusual images, and sturdy construction to delight generations of novice and veteran puzzleworkers.

Baby Elephant 3-piece Puzzle (95 x 70mm – one supplied)) £2.50
Kangaroo & Joey 4-piece Puzzle (140 x 152mm) £5.00
Fishy 1-10 Number Puzzle (180 x 100mm) £11.50
Dinosaur A-Z Puzzle (540 x 133mm) £20.00
Stunningly produced by one of our highly valued, certified fair trade suppliers, working with seven family based enterprises in Sri Lanka. Made from rubberwood sourced from exhausted rubber plantations that are replanted every 10-15 years. All paints used are non-toxic.

Monty Bojangles Truffles

Heavenly & Hot Chilli Dusted 100g £2.50

Divinely Decadent Cocoa Nib Dusted 100g £2.50

Crumbly & Soft Cookie Dusted 100g £2.50

Sea Salt Infused Toffee 100g £2.50

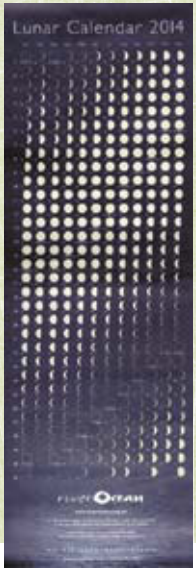
A collection of exquisitely double dusted traditional French truffles. Made with no artificial colours or flavours, and no hydrogenated fats. More flavours online, and in bigger boxes too!

Welsh Preserves Gift Set – Welsh Farmhouse Chutney (200g) Wild Bilberry & Mandarin Jam (227g) £6.95

Welsh Chutney Trio – Welsh Farmhouse, Red Cabbage & Chestnut, Tomato & Chilli (113g each) £7.50

Welsh Jam Trio – Rhubarb & Ginger, Red Plum, Apricot (75g each) £5.50

Goetre Farmhouse is situated high up in the beautiful Snowdonia National Park in Wales. A lovely Welsh couple do all the cooking in traditional style. All the recipes are their own creations, or have been specially selected, and they are proud of not using any artificial colourings, flavourings or preservatives.



Lunar Calendar 2014 £5.50

Our winter catalogue just wouldn't seem complete without this firm favourite. Shows the moon phases for each day in 2014. Printed on recycled paper. 21 x 59cm.

Country Wisdom & Folklore Diary 2014 £12.00

Beautifully made, week-per-page diary with seasonal snippets and reminders complemented by stunning artwork. Features sun & moon phases, rise and setting times, old English names of the full moon, holidays, celebrations, recipes and folklore. Made using 100% recycled paper and vegetable based inks.

Liquorice Sticks (10) £2.50

An old fashioned, firm favourite which is experiencing a real revival! Simply chew on the stick and allow the sweet liquorice taste to tingle your taste buds. Can also be used to flavour drinks and sweets.

Stripey Bamboo Socks £4.75 per pair

Size 4-7 Available in Aqua Stripe, Grey Stripe, Coral Stripe or Red Stripe
Size 8-11 Available in Charcoal Stripe, Red Stripe, Purple Stripe or Oatmeal Stripe

Cheer yourself and your feet up every day! These fabulous socks feature extra strength in the contrasting heel and toe and a loose 1cm ribbed top which is perfect if you don't like tightness at the ankle. Moisture wicking, breathable, anti-bacterial and eco-friendly. 76% bamboo, 23% polyamide, 1% elastane. Lots more sock colours and styles available – check online or phone us!

Supplied by an ethical trader whose profits are returned to social projects in the communities of their suppliers, such as a centre for disabled people in Bali and an Orphanage in Thailand.

Polka Dot Scarves £6.95

Look pretty in polka dot! These sumptuous scarves will add a touch of fun to any outfit. Large enough to wear as a cosy scarf or a summer time shawl.
L180 x W100cm, polyester.

Seagull Scarf £4.95

You can almost hear the sound of the waves when you wear this scarf! Beautiful blue and white seagull print will brighten up any summer evening's attire.
L160 x W60cm, polyester.

Cotton Postcard Tote Bag £8.95

Stylish and immensely practical, this cotton tote bag is a must for all excursions and expeditions. With a popper closure and handles that sit comfortably on your shoulder (we've checked!)
H30 x W42cm

Natural Organic Candles:

Standard Tealights £4.50 for 24 (4hrs burning Time)

Large Tealights £7.25 for 24 (7hrs burning Time)

Naturally Scented Orange & Clove Pillar Candle £5.75 (7.5cm 50hrs burning time)

Uniquely manufactured from a sustainable, natural plant source. 100% organic wax candles, not produced from petroleum based paraffin wax, animal or beeswax. Naturally coloured.

Bottle Light Kit £17.00

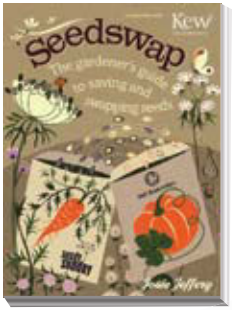
Add warmth and prettiness to your home the 'eco way' by turning an unwanted, empty wine bottle into a decorative lamp with this fun and easy-to-use kit. Requires one empty glass bottle and 2 x AAA batteries (supplied with 2 x AAA Rechargeable Batteries).

Bird-scare (30m) £3.99

An effective bird deterrent made of polypropylene tape. It is safe, simple, durable and easy to use. Just stretch it between two stakes and it will start to emit a penetrating vibration. It also deters rabbits and other pests, is perfect for protecting newly-sewn lawns and is a favourite with yacht owners for keeping seagulls away! Harmless to crops, birds and animals.

Pop-Up Tomato Cloche £17.99

Great for tomato and chilli plants – protects against blight, slugs and harsh weather. Enables earlier planting and includes aeration vents and ground pegs. Simply pop-up to install and folds away neatly and compactly for storage. Diameter 50cm x Length 110cm.



Seedswap: The Gardener's Guide to Saving and Swapping Seeds £9.99

A fabulous introduction to seed-swapping, offering practical information in the context of an exciting global movement. A succinct look at the history of seed-saving is followed by a hands-on guide, which covers simple husbandry and harvesting techniques, plus DIY guidelines on designing your own seedbank. Add an invaluable directory of the best seeds to save (and swap) and you're all set to start a growing revolution. 128 pages.

Recycled Wool Kneeler £15.00

The perfect gift for any gardener, or anyone who enjoys picnics, operas in the park or afternoons by the sea. Comes with a handle for ease of carrying and is waterproof backed. 100% recycled wool cover and filled with recycled fabric, making this an extremely environmentally friendly gift. 51 x 36cm

Organic Vegetable Planner £5.00

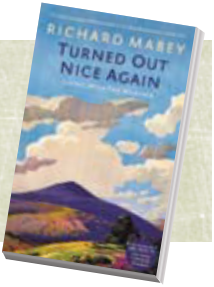
Simply align the arrow to the desired vegetable and the dial will tell you all the information you need to know to grow them, such as the most suitable soil, how to plant or sow the seeds, and the best times to sow and harvest. Over 30 varieties of vegetable are detailed on each dial. 25cm.

Recycled Random Wool Picnic Blankets £14.00 (120 x 150cms)
Large Recycled Random Wool Picnic Blankets £21.00 (150 x 183cms)

These traditional Welsh woollen rugs are woven near the Clwydian Mountain and are inspired by the colours and serenity of the location. Great for picnics, travel, beds and chairs. Woven from 100% recycled wool, which has been re-spun to create a very environmentally friendly product. Soft, durable, and machine washable. As the blanket uses recycled yarns no two are the same so each is unique in its colour-way.

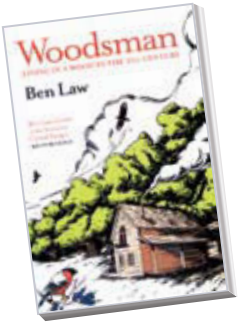
Letting in the Wild Edges £14.95

Encourages us to celebrate the bounties of nature and reconnect with the Earth. Season by season it provides tips for foraging, growing edible and native plants and recipes for making simple medicines. A practical and optimistic book for a more creative, self-reliant future. 302 pages.



Turned Out Nice Again £8.99

In his trademark style, Richard Mabey weaves together science, art and memoirs to show the weather's impact on our culture and national psyche. It is one of the most profound influences on the way we live, and something we all experience in common. No wonder it's the natural subject for a greeting between total strangers: 'Turned out nice again.' 160 pages, hardback.

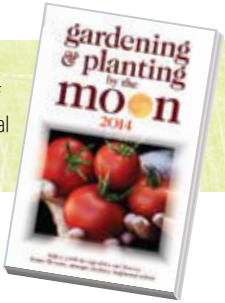


Woodsman – Living in a Wood in the 21st Century £14.99

Ben Law's authentic, incredible sense of the land and wildlife, and his respect for age old traditions and how to sustain them offers a wonderful, inviting insight into the life and character of Prickly Nut Wood. This is the story of how he came to know and love his woodland, how he lived off the land, how he coppiced and hedged and created charcoal, how he puddled and built shelter, and finally how he carved out his famous, characterful woodland home. And it's the story of the wood itself – how it lives and breathes and affects all those who encounter it, and how it has developed. An incredibly transporting tale. 256 pages, hardback.

Gardening and Planting by the Moon 2014 £8.99

This perennially popular guide computes everything you need to know about the daily influence of the moon and the planets in the garden. With its full 15-month daily calendar, it creates an essential timetable for the year ahead and a fine means of self-discipline for keen gardeners. 144 pages.



Bugs Britannica was £35.00 now £7.99

A richly-illustrated and truly enormous guide. Structured along a roughly evolving path, from simple cell life-forms - amoeba, worms, crustaceans - to bugs we all might recognise - spiders, butterflies, bees - and back into the water to meet molluscs and 'almost-fish'. This rich compendium of bugs is a must, not only for naturalists, but for anyone who cares about the crawling, buzzing swarms at our feet. 512 pages, hardback.

Poppin Storm Kettle Kit £70.00

Designed to be of particular interest to all outdoor enthusiasts. A size of just 28cm tall by 14cm diameter means it is easily stowable. However, despite the compact size, the Poppin holds a generous 850ml of water (about 1.5 pints). This is more than enough for two big mugs of tea. Weighs only 0.5kg (1.25 lbs) empty. Supplied complete with a full kit of accessories, including a 'CookKit' comprising two-piece grill, saucepan, frying-pan and universal handle grip, plus a Pan Support and a jute Carry Bag.

Bald Coot and Screaming Loon: Adventures in the Curious, Mysterious and Remarkable World of Birds was £10.99 now £3.99

Comprising more than 1,000 entries of remarkable information about birds, bird life, and bird-watching, "Bald Coot and Screaming Loon" reveals the intriguing evolution and behaviour patterns of these avian creatures. 196 pages, hardback.

The Moneyless Manifesto:
Live Well. Live Rich. Live Free £14.95

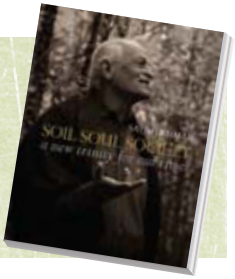
One of the one of the world's most thought-provoking voices on economic and ecological ideas, Mark Boyle not only demystifies money and the system that binds us to it, he also explains how liberating and easy it is to live with less of it. Bursting with radical new perspectives on some of the pillars of economic theory, what it really means to be 'sustainable' as well as creative and practical solutions for how we can live more with less. 352 pages.

The Wild Life: A Year of Living on Wild Food was £16.99 now £4.99

John Lewis-Stempel's lyrical, observant and mordantly funny account of twelve months eating food only shot, caught or foraged from the fields, hedges, and brooks of his forty-acre farm. An extraordinary celebration of our natural heritage, and a testament to the importance of getting back to one's roots - spiritually and practically. 304 pages, hardback.

Soil Soul Society: A New Trinity for Our Time £16.99

Satish Kumar, the internationally-respected peace and environment activist presents the new trinity for our age of sustainability. One that shares the knowledge that we ourselves are very much part of nature; that what we do to nature we in fact do to ourselves; and that the earth is soulful. He urges readers to create a new consciousness that reveres nature and explores how as a global society we need to embrace diversity and become pilgrims on this earth, not tourists. To bring about change in the world we must be the change we wish to see. 176 pages, hardback.

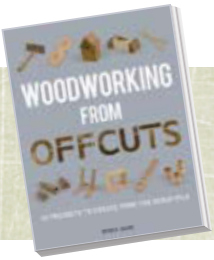


The Log Book: Getting the best from your wood-burning stove £7.95

This friendly, comprehensive guide talks the reader though the theory and practice of getting the best results from their stove. From finding the fuel and seasoning it to lighting the stove and operating it cleanly, this book describes the best techniques for looking after your log stove. 112 pages.

Wood Moisture Detector £22.00

An invaluable and handy tool for anyone using wood as a fuel or for construction. Quickly and consistently determines the moisture content of wood and therefore its suitability and safety for burning. Can also be used for building materials such as brick, screed, plasterboard, wallpaper etc. Measurement range of 5 - 50 % for wood, or 1.5 - 33 % for building material. Large LCD display (resolution 0.1%). Practical "hold" function makes measurement possible at locations difficult to access. Automatic switch-off, battery low voltage display. Robust, ergonomic housing with separate compartment for 9 V battery (not included).



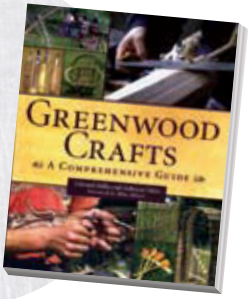
Woodworking from Offcuts: 20 Projects to Create from the Scrap Pile £16.99
Every workshop has a collection of offcuts that have been saved because they will 'come in handy one day'. From a simple serving platter to a beautiful bird box there is a straightforward and well explained project to suit every level of expertise and every carefully-saved piece of timber you've squirreled away. With clear step-by-step photos and a guide to tools and materials, plus the basic techniques. 176 pages.

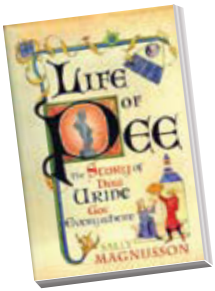
Lovely Things to Make for Girls of Slender Means was £12.99 now £3.99
A stylish book about making gorgeous clothes for not much money, recycling thrifted material and creating something brand new from foraged fabric. Re-appraise the clothes in your cupboard and transform them into new outfits using simple techniques and the minimum of equipment. There's also a section on repairing clothes, darning and patching creatively, so your favourite items need never end up in the dustbin. 224 pages, hardback.

Natural Cleaning Solutions Wall Chart £5.50
Natural First Aid Remedies Wall Chart £5.50
Full colour printed on high-quality laminated paper, these very popular charts are hand drawn and written, offering up invaluable and easy-to-remember everyday information. Width 18cm, Height 88cm.

Choosing Ecological Water Treatment and Supply £19.95
The definitive guide for anyone setting up a complete water system from scratch. Covering all the potential sources of water, this book shows you how to find, connect, maintain, treat and store water, making it safe to drink in the most environmentally sound way possible. 184 pages.

Greenwood Crafts – A Comprehensive Guide £25.00
An invaluable, well-illustrated book, containing over 380 photographs and diagrams. Whether you are a craft worker, an artist or a woodland owner, or simply have an interest in green woodwork or heritage crafts, this is essential reading for all those who have a passion for the creative potential of greenwood. 240 pages, hardback.

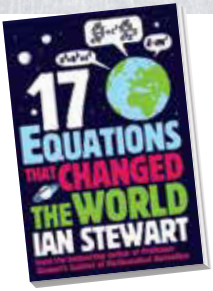




Life of Pee: The Story of How Urine Got Everywhere was £10.99, now £4.99
Sally Magnusson unveils the secret history of civilisation's most unsavoury and unsung hero, and discovers how our urine footprint is just as indelible as our carbon one. Funny, interesting and enjoyable. 208 pages, hardback.

The Accidental Scientist:
The Role of Chance and Luck in Scientific Discovery £12.99

Not all discoveries require brilliance - sometimes a special ingredient is needed: luck. This great title outlines exactly how some of the most well-known products, gadgets and useful gizmos in scientific, medical and commercial innovation came to be. From the Jacuzzi to jeans and TNT to Tipp-Ex. 224 pages, hardback.

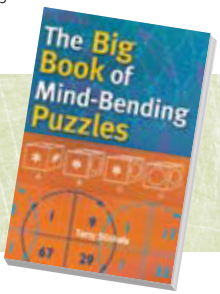


Seventeen Equations that Changed the World £8.99

From Newton's Law of Gravity to the Black-Scholes model used by bankers to predict the markets, equations are everywhere – and they are fundamental to everyday life. This entertaining, surprising and vastly informative book examines seventeen groundbreaking equations that have altered the course of human history. A highly original exploration – and explanation – of life on earth. 352 pages.

The Big Book of Mind-Bending Puzzles £5.99

Keep them all quiet this Christmas! Brainiacs on the prowl for challenging fun will find everything they're looking for in these cunning conundrums. A brilliant mind-melting collection filled with hundreds of diverse and fiendishly tricky problems – including wordplay, maths, analytic reasoning, logic, visual dilemmas, and code breaking. 336 pages.



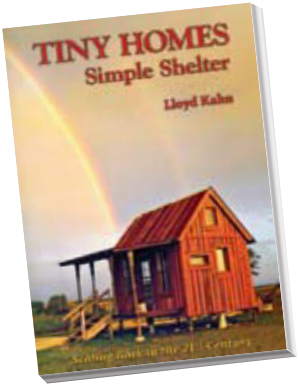
Answers to Rhetorical Questions was £9.99 now £3.99

The days of being baffled and bemused are over thanks to this playful and informative book. You will no longer be left in the dark when someone asks you 'How long is a piece of string?', or 'How soon is now?'. And you might even learn something utterly irrelevant too! 160 pages, hardback. Suitable for adults.

Mini Bamboo Puzzles £4.75

Made of Earth- friendly bamboo, these Mini Puzzles are an enjoyable challenge for the inquisitive mind. All pieces fit together very smoothly and each one forms a different shape when solved. There are six different puzzles, therefore if you order multiples we will ensure you receive different ones. Sizes vary. Box size 6 x 11cm.

Remember to put your name and address on the order form, plus your phone number if paying by card.



Tiny Homes: Simple Shelter £16.99

Many people are rethinking their ideas about shelter these days – seeking an alternative to high rents, or a lifelong mortgage debt to a bank. Join Lloyd Kahn as he meets 150 builders, designers, architects, dreamers, artists, road gypsies, and water dwellers who've achieved a measure of freedom and independence by taking shelter into their own hands. There are also studios, saunas, garden sheds, and greenhouses. With over 1,300 photos, if you're thinking of scaling back, you'll find plenty of inspiration here. 224 pages.

Old House Eco Handbook: A Practical Guide to Retrofitting for Energy-Efficiency & Sustainability £30.00

Old houses are, by their nature, a sustainable asset: their refurbishment is becoming a priority as attempts are made to address millions of energy-sapping, poorly insulated and far from airtight homes. How should we go about this without devaluing future sustainability or the appeal and character of old homes by the use of inappropriate solutions? *Old House Eco Handbook* sets out to provide the answers. 192 pages, hardback.

The Encyclopaedia of Country Living £19.99

This 40th Anniversary Edition reflects the most up-to-date resource and the most personal version of the book that became Carla Emery's life work. It is the original manual of basic country skills that have proved essential and necessary for people living in the country, the city and everywhere in between. The practical advice in this exhaustive reference tool includes how to cultivate a garden, buy land, bake bread, raise farm animals, milk a goat, grow herbs, churn butter and cook on a wood stove with over 2000 recipes and much, much more. 928 pages.

Secret Garden: An Inky Treasure Hunt and Colouring Book £9.95

Tumble down the rabbit hole and find yourself in an inky black-and-white wonderland. This interactive activity book takes you on a ramble through a secret garden created in beautifully detailed pen-and-ink illustrations all waiting to be brought to life through colouring. There are also bits of the garden that still need to be completed by you. Appealing to all ages, children and adults alike - truly inspirational. 96 pages.

Einstein & the Art of Mindful Cycling: Achieving Balance in the Modern World £8.99

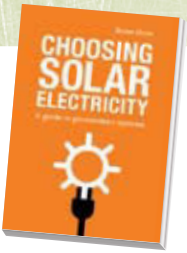
A very unusual book about how inspiring cycling can be. Through stories, fascinating facts and a few lessons in mindful living, it shows how cyclists can develop an enlightened outlook similar to Albert Einstein's – practical creative, communal and global all at once. The end result is an exhilarating philosophy for our times, and a celebration of balance, in more ways than one. 144 pages, hardback.

The Bike Owner's Handbook £9.95

A beautiful gift for cyclists who just want to know the basics of repairing and maintaining their bikes, without having to immerse themselves in a vast and complicated technical manual. With sumptuous black and white photography and clear but warm illustrations, it provides step-by-step explanations to repairing a puncture, adjusting brakes and gears, cleaning a bike and basic maintenance. 112 pages.

Blackbird Dynamo Torch £10.00

3 LED powerful flashlight with a unique spinning charge method. The solid design guarantees high quality and excellent lighting performance. Take the light in your hand and spin to charge the internal battery. Easy and convenient. Max. luminous flux 7 Lm. 6 minutes lighting time after 1 minute spinning. Battery Ni-MH 40 3.6 mA.



Choosing Solar Electricity was £14.00 now £3.99

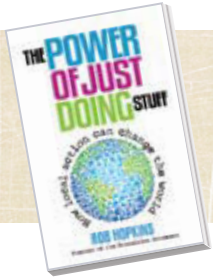
An invaluable guide for anyone wanting to use PV to generate electricity. Know the pros and cons before talking to a professional PV installer with confidence. Assess your solar resource to see whether or not your site is suitable for solar, explore the various technological options, financial considerations and maintenance issues associated with solar PV. 192 pages.

Zero Carbon Britain: Rethinking the Future £14.95

Draws on CAT's 40 years of experience to create technically viable future scenarios. We bring together the latest knowledge from a wide range of disciplines to explore synergies that create employment, increase wellbeing, have a positive impact on the economy, and future-proof us for the challenges of the 21st century. Here, we integrate new research in two key areas - 'keeping the lights on' with a variable renewable energy supply, and 'feeding ourselves properly' on a low carbon diet. We show that it is possible for the UK to meet the challenge of climate change and to acknowledge our responsibility as a long-industrialised nation to set the pace. 212 pages.

The Burning Question: We can't burn half the world's oil, coal and gas. So how do we quit? £9.99

By the author of the hugely popular *How Bad Are Bananas?*, this extremely clear-sighted and highly readable account reveals climate change to be the most fascinating scientific, political and social puzzle in history. Tackling global warming will mean persuading the world to abandon oil, coal and gas reserves. The burning question is whether that can be done. What mix of politics, psychology, economics and technology might be required? Are the energy companies massively overvalued, and how will carbon-cuts affect the global economy? Will we wake up to the threat in time? And who can do what to make it all happen? 256 pages.



The Power of Just Doing Stuff £8.99

People around the world are deciding that the well-being of their local community and its economy lies with them. *The Power of Just Doing Stuff* argues that this shift represents the seeds of a new economy – the answer to our desperate search for a new way forward – and at its heart are people deciding that change starts with them. Communities worldwide are already modelling a more local economy rooted in place, in well-being, in entrepreneurship and in creativity. And it works. 160 pages.

Extraordinary Uses of Ordinary Things was £24.99 now £7.99

Discover the amazing hidden talents of more than 200 common household items. You will be astonished to find out what can be cleaned, fixed, replaced or even saved with just a dollop of toothpaste, a sprinkling of baby powder, a dash of salt or a banana skin. With more than 2000 crafty tried-and-tested tips you will find yourself saving both time and money. 400 pages, hardback.

H_2Onya Bottle 350ml Blue £9.50
H_2Onya Cooler Jacket for 350ml Bottle £4.50
H_2Onya Bottle 1000ml Bronze £11.50
H_2Onya Cooler Jacket for 1000ml Bottle £4.50

H_2Onya arms you against over-priced and polluting bottled water, so you can simply and conveniently drink your own water from the tap. The H_2Onya is tough and toxin free (stainless steel doesn't leach chemicals into your water). It is robust, recyclable, stylish and easy to clean. Bisphenol A free. The insulating and protective Cooler Jackets are made from Premium Neoprene and feature a chunky carabiner.

Please make cheques payable to **CAT Charity Ltd**

'Dump It' Onya Pouch £9.00
'Dump It' Refills (50) £4.50

It seems strange that conscientious dog owners 'pick up' their dog poop (which is 100% biodegradable) ...only to 'pop it' into a plastic bag that will be with us for 100s of years! The Dump-it Onya pouch comes with 100 starch-based compostable bags (200 x 300mm). Clip it to your lead and it's always 'onya'.

Faith In Nature Shower Gel/Foam Bath Minis Gift Pack (5 x 100ml) £9.99

An attractive gift selection of Grapefruit & Orange, Raspberry & Cranberry, Lavender & Geranium, Seaweed & Citrus, Aloe Vera & Ylang Ylang.

Faith In Nature Raspberry & Cranberry Shampoo & Conditioner Gift Pack (2 x 250ml) £5.99

A blend of organic extracts known for their antioxidant qualities. Contains glycerine and natural vitamin E.

Faith In Nature Handmade Natural Soaps Gift Pack (3 x 100g) £4.99

Traditionally made pure vegetable soaps that cleanse, tone and refresh without drying the skin. Lavender, Chocolate, Orange.

Faith in Nature Skin Care Pack £9.99

Exfoliating Face & Body Polish (150ml) containing blackcurrant exfoliant and organic calendula refines the skin's surface, while Revitalising Body Lotion (150ml) with organic pumpkin oil keeps skin supple and soft, reducing the appearance of dryness. Hypoallergenic & Paraben Free.